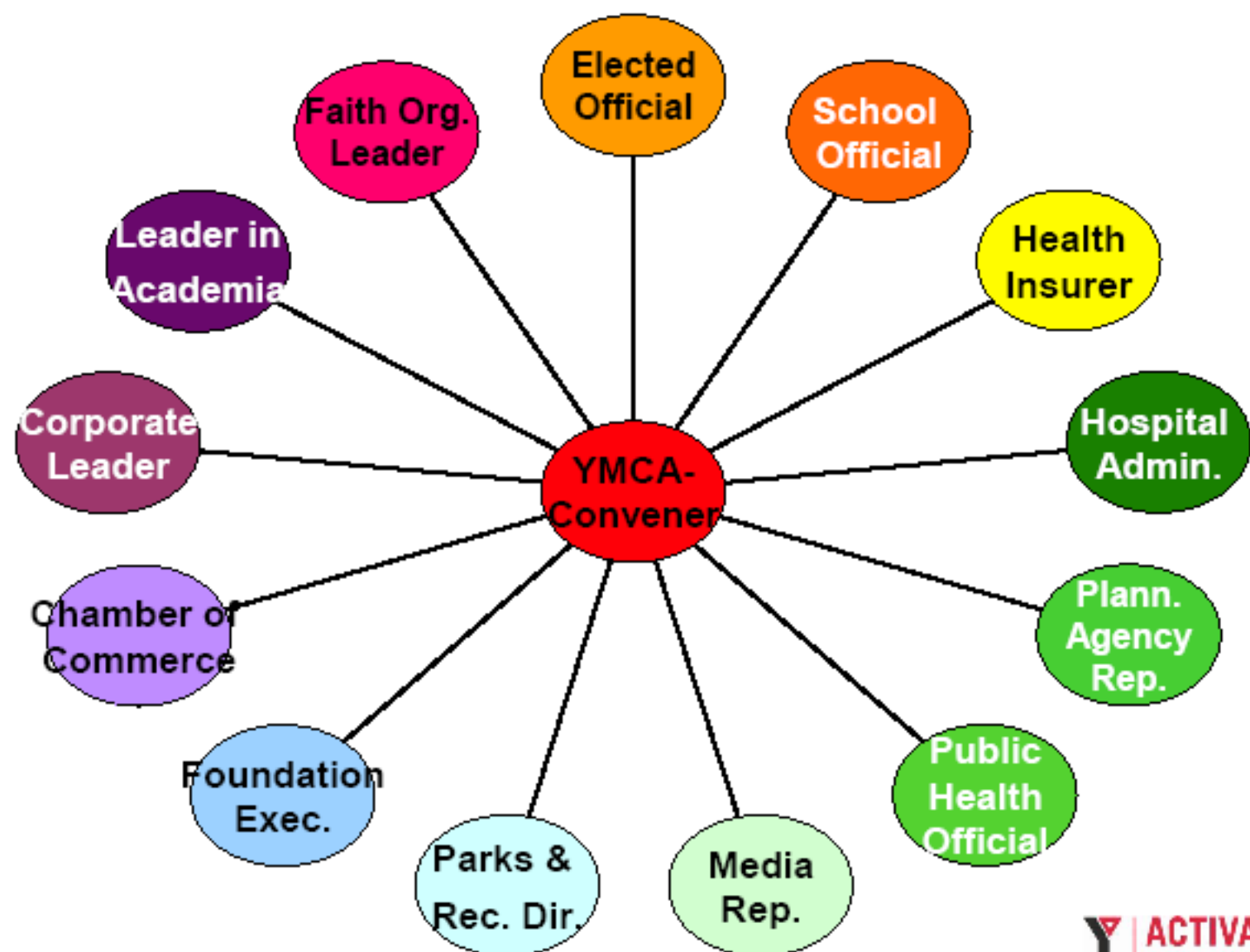


Waterbury Dream Team



PHC Teams Include Leaders Such As...



Team Success: Sharing Resources

Identifying Key Policy/Decision Makers in your Community

- Education
- Public Works
- Health
- Community Development
- YMCA
- Regional Planning Organizations: Council of Governments
- Nonprofits
- Chief Elected Officials, members of City boards/commissions

Waterbury Stakeholders

- Kathleen McNamara, Grants Writer, City of Waterbury
- Theresa Caldarone, Office of the Mayor
- Anne Marie Cullinan, Assistant Superintendent, Department of Education
- Sam D'Ambrosi, President, Waterbury Board of Health
- Sam Gold, ACIP -- (COGCNV) Council of Governments Central Naugatuck Valley
- John Lawlor, Director of Public Works, City of Waterbury
- Kathy Taylor, NVCC
- Roseanne Wright and Shane Lockwood, Waterbury Health Department
- Chief Neil O'Leary, Police Activity League
- Lori Hart , Waterbury Prevention Policy Board & Bridge to Success
- Joann Reynolds Balanda, United Way
- Thomas Buchanan, YMCA Board of Directors
- Senator Joan V. Hartley
- Joe Gorman, Dept of Education

Mission Statement

The Waterbury Healthy Living "Let's Move!" committee will initiate policy and environmental change that will create measureable improvements in healthy eating and active living in the City of Waterbury, thereby addressing the nations obesity epidemic.

Structure & Sustainability

1. Educating /Informing Team Members

- Guest Speakers
- Sharing Resources and Expertise
- Workshops

2. Creating a Team for the Future

- Transforming a grant-oriented team into a long-term Committee or Initiative with a Sense of “Identity”
- Regular meetings, agendas, the mechanics of organization
- Naming your Group; Creating a Logo; buttons; PR

Policy Success: How Teamwork produces Results

1. Education Initiatives

- Safe Routes to School Success- Identifying an opportunity with the opening of a new Pre-K through 8 school; Team members advocate for CDBG funding; Team members pursue SRTS Technical Assistance grant
- PEP grant

2. Community Initiatives

- YMCA Teams with Police Activity League(PAL) to allow 7th graders to access YMCA and PAL for physical activity
- Downtown Walking Initiative
- Greenway and Healthy Living
- Achieve Program

3. Health and Nutrition

- How City restaurants became trans-fat free
- Working with the Health Dept. on obesity education
- Promoting the Fresh Fruits and Vegetable Program in Schools
- Public Health and Salt

Signs of Success

- Enhancing existing efforts
- Generating new policy/environmental changes (and linking to existing programs)
- Increasing collaboration across sectors
- Building ownership across the community (institutions, neighborhoods etc.)
- Getting meaningful & measurable results (improved individual and community health)

Lessons Learned & Key Practices

- Start with a shared, compelling vision and spirit of inquiry
- Adapt to emerging opportunities
- Borrow from others and build your own
- Engage cross-boundary leaders who care
- Become multiple role players
- Use data to guide, not drive effort
- Develop leadership structures that distribute ownership and action

Questions



